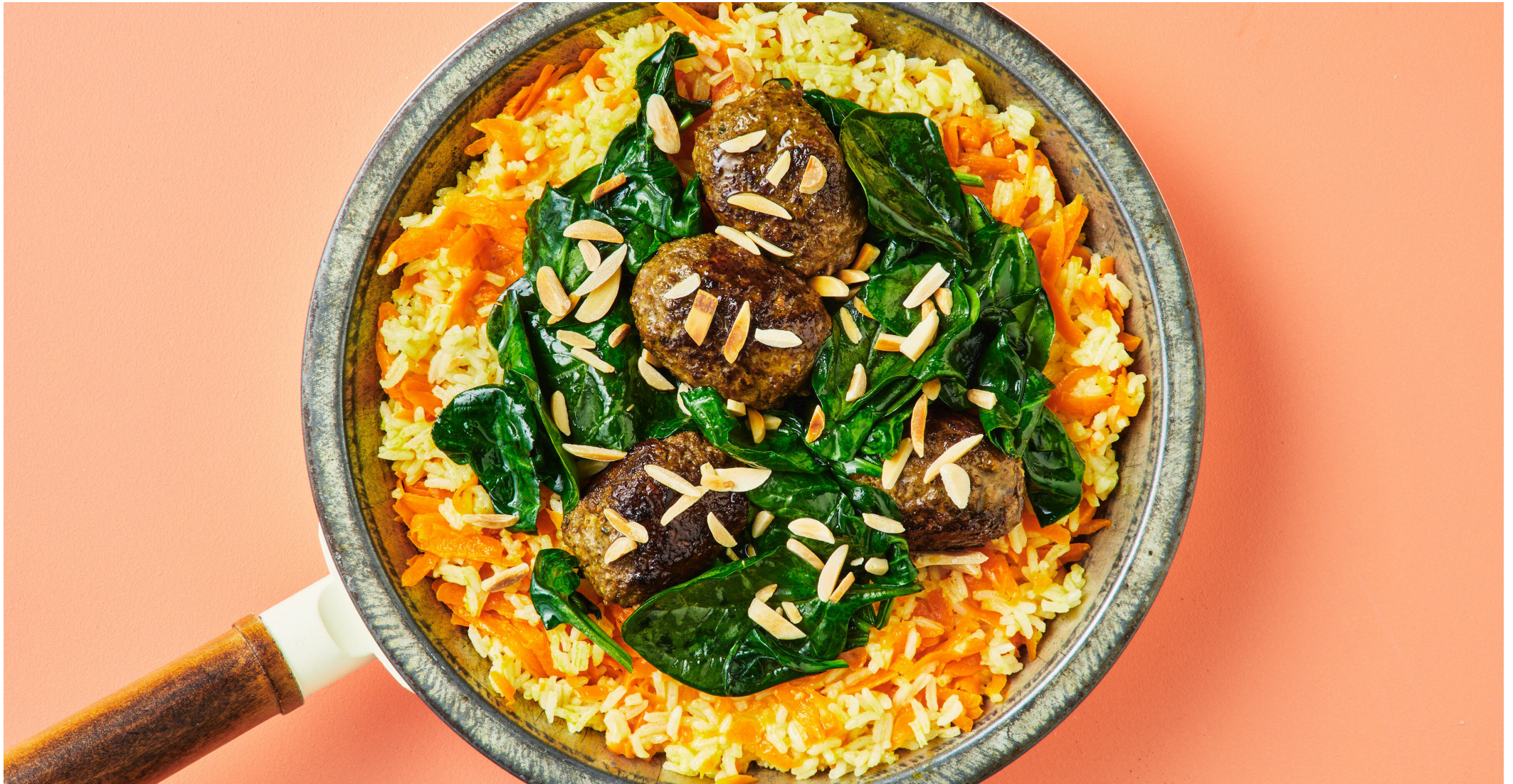


DINNERLY



Fan Fave: Lamb Kofta Meatballs with Almond and Carrot Pilaf



30 minutes



2 Servings

With fluffy carrot-flecked rice, wilted spinach and toasted almonds, plus Middle Eastern lamb koftas to top it off, tonight's dinner is unforgettably scrumptious.

WHAT WE SEND

- 1 carrot
- 20g slivered almonds¹⁵
- 150g jasmine rice
- 2 chicken-style stock cubes
- lamb mince
- 10g kofta seasoning¹⁷
- 50g baby spinach leaves

WHAT YOU NEED

- 1 garlic clove
- 3 tsp olive oil
- 450ml boiling water

TOOLS

- box grater
- medium deep frypan with lid
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

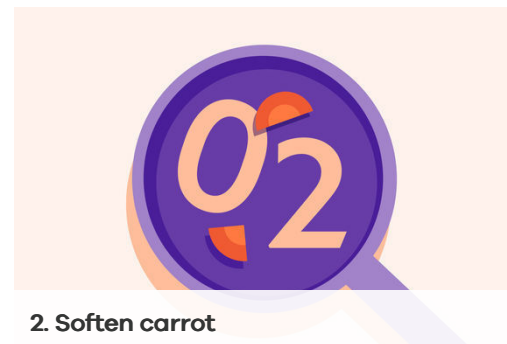
NUTRITION PER SERVING

Energy 580kcal, Fat 25.4g, Carbs 72.8g, Proteins 34.4g



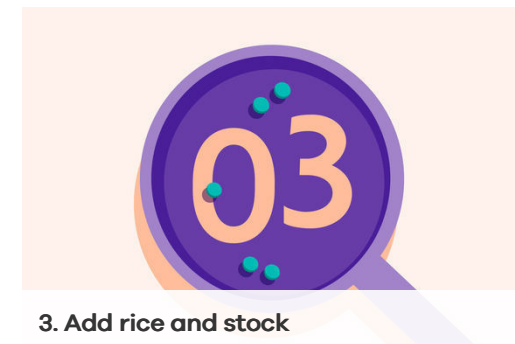
1. Toast almonds

Crush or finely chop 1 **garlic clove**. Peel and grate the **carrot**. Put the **almonds** in a cold medium deep frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



2. Soften carrot

Heat 2 **tsp olive oil** in the same pan over medium heat. Add the **garlic** and **carrot**, season with **salt and pepper** and cook, stirring occasionally, for 5 mins or until softened.



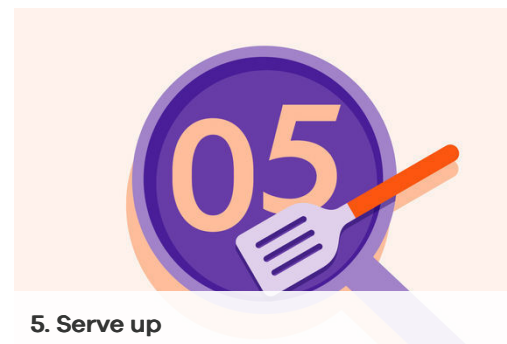
3. Add rice and stock

Meanwhile, rinse the **rice** until the water runs clear. Crumble the **stock cubes** into a heatproof jug, add 450ml **boiling water** and stir to dissolve. Add the rice to the carrot mixture and stir well to coat. Add the **stock** and bring to the boil. Cover, then reduce the heat to low and cook for 10 mins or until the stock is almost absorbed.



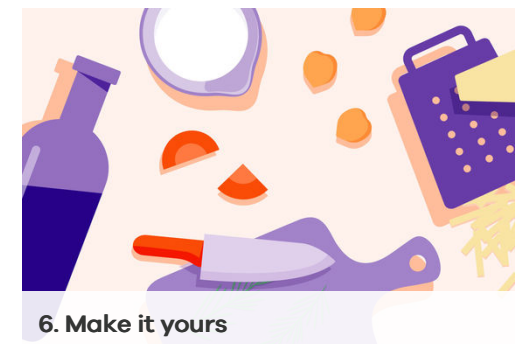
4. Brown koftas

Meanwhile, combine the **lamb mince** and **kofta seasoning** in a bowl. Using damp hands, combine well, then shape into 4 oval-shaped koftas. Heat 1 **tsp olive oil** in a medium frypan over medium heat. Cook the **koftas**, turning regularly, for 4-5 mins until browned.



5. Serve up

Add the **koftas** to the rice mixture and cook, covered, for a further 5 mins or until the rice is tender and the koftas are cooked through. Turn off the heat, add the **spinach** and stand, covered, for 3 mins or until wilted. Divide the **pilaf** and **koftas** among plates and scatter with the **toasted almonds**. Enjoy!



6. Make it yours

If you like, add a creamy sauce to serve at the table. Simply stir crushed garlic, finely chopped mint and a pinch of salt through Greek-style yoghurt.